

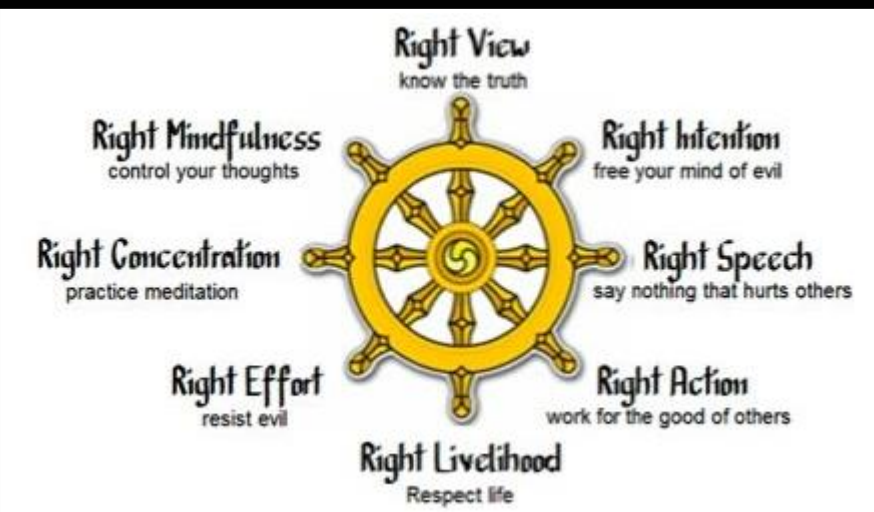
Key Words

anatta	no fixed self, no soul; the Universal Truth that the soul is insubstantial; that people change in the course of their lives; denial of a real or permanent self.
anicca	impermanence, instability, not permanent.
ascetic	a life free from worldly pleasures often with the aim of pursuing religious and spiritual goals.
Buddha	an awakened or enlightened person. Historically the Buddha - the enlightened one.
Buddhahood	enlightenment.
enlightenment	wisdom or understanding enabling clarity of perception; this allows a Buddhist to be freed from the cycle of rebirth.
kamma/karma	means action. Positive actions have positive influences on a person's life, and negative actions have negative influences.
nibbana/nirvana	the extinguishing (blowing out) of desire. It leads of a state of perfect peace. It may or may not lead to escaping samsara. The Buddha attained nibbana in his lifetime.
samsara	means 'perpetual wandering' - the belief that life is a continuous round of birth, old age, death and rebirth.

The Four Noble Truths

Dukkha	Samudaya	Nirodha	Magga
Life involves suffering	Suffering comes from attachment, craving and wanting things	Suffering can be overcome by ending craving	The way to end suffering is to follow the Eightfold Path

The Noble Eightfold Path



The Four Sights

The Four Sights of Siddhartha

I am seeking spiritual satisfaction. I must find it.

Let's set out onto a journey and find your spirit, Siddhartha.

These come to all men.

What do these sightings mean?

One day, Siddhartha and his royal servant Channa discussed Siddhartha's spiritual life. He was confused about what things meant so the two of them went into the wilderness.

The first sight of Siddhartha was of an old man. The man's body was broken and he was leaning on a staff.

Siddhartha's second sight was of a sick man laying by the roadside.

This is man being prepared for cremation.

The third sight was of a corpse being prepared for cremation.

This is a man living a homeless life in order to seek the answer to life's riddle.

The fourth sighting was of a scetic Hindu monk who was practicing self denial. He wore a tatted yellow robe and held a bowl.

Siddhartha decided that he would leave the palace and his privileged life to become a homeless beggar like the monk.

I have found the solution to the problems of human life.

Is this a fable? The palace represents complacency and self delusion and the 4 signs are the realities of life OR although these realities are around us, they are distanced by a mental barrier

The Five Precepts

1. Avoid taking life and harming living beings.
2. Avoid taking what is not given and is not one's own.
3. Avoid sexual activity that does not include love, care and commitment.
4. Avoid telling lies.
5. Avoid intoxicating drinks and drugs.

"However many holy words you read, however many you speak, what good will they do you if you do not act upon them?"

The Buddha

"No one saves us but ourselves. No one can and no one may. We ourselves must walk the path."

The Buddha

Command Words

Define	State or describe exactly the nature, scope, or meaning of something / establish the character of something; mark out the boundary or limits of something
Summarise	Give a brief statement of the main points of something
Suggest	Used with another command word, e.g. Suggest an explanation. Suggest tells you that you need to apply your knowledge to a new situation, and in this case to give a possible explanation
Which	Asking for information specifying one or more people or things from a definite set
Why	Giving a reason or explanation to support the answer of the question.
Interpret	Ascribe meaning
Evaluate	Look at the information in the question and bring it together to make a decision and come to a conclusion with evidence from the question. You may be asked to give a personal response